



Roasted Broccoli Steaks and Salsa Verde

with Harissa Couscous, Roasted Tomatoes and Cheese

21

Classic 30-35 Minutes • Mild Spice • 3 of your 5 a day • Veggie



Broccoli



Chermoula Spice Mix



Baby Plum Tomatoes



Couscous



Vegetable Stock Paste



Flat Leaf Parsley



Mint



Garlic Clove



Red Wine Vinegar



Harissa Paste



Greek Style Salad Cheese

Pantry Items

Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, baking tray, aluminum foil, bowl, cling film and fine grater.

Ingredients

Ingredients	2P	3P	4P
Broccoli**	1	1½	2
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Baby Plum Tomatoes	125g	190g	250g
Couscous 13	110g	180g	240g
Vegetable Stock Paste 10	10g	15g	20g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Mint**	1 bunch	1 bunch	1 bunch
Garlic Clove**	½	1	1
Red Wine Vinegar 14	12g	18g	24g
Harissa Paste	50g	75g	100g
Greek Style Salad Cheese** 7	100g	150g	200g

Pantry	2P	3P	4P
Boiled Water for the Couscous*	220ml	360ml	480ml
Olive Oil for the Salsa*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	393g 2365 /565	100g 602 /144
Fat (g)	28.4	7.2
Sat. Fat (g)	9.2	2.4
Carbohydrate (g)	51.3	13.0
Sugars (g)	9.1	2.3
Protein (g)	21.9	5.6
Salt (g)	2.85	0.73

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **10)** Celery **13)** Cereals containing gluten
14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Prep your Broccoli Steaks

Preheat your oven to 220°C/200°C fan/gas mark 7.
Boil a full kettle.

Trim the stem end of the **broccoli** and pull off any leaves. Cut 1-2cm thick 'steaks' (1 per person) by slicing from the stem base to the top. Cut the remaining **broccoli** into florets.

Place the **broccoli steaks** and **florets** on a baking tray. Sprinkle over the **chermoula spice mix**, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat.

Roast on the middle shelf of your oven until golden and tender, 18-20 mins. Turn halfway through.

TIP: The broccoli is cooked when you can easily slip a knife through the thickest part of the stem.



Salsa Verde Time

Meanwhile, pick the **mint leaves** from their stalks and roughly chop (discard the stalks), then peel the **garlic**.

If you don't have a food processor, finely chop the **parsley** and **mint**, then grate the **garlic**. Add them to a medium bowl with the **olive oil for the salsa** (see pantry for amount) and **red wine vinegar**. Season with **salt** and **pepper** and mix well.

If you have a food processor, whizz all the same ingredients together to make your **salsa verde**.



Roast the Tomatoes

Meanwhile, halve the **tomatoes** and pop them onto a piece of foil with a drizzle of **oil**, then season with **salt** and **pepper**.

Fold the foil, sealing on all sides to create a **parcel**. Pop onto a baking tray and roast on the bottom shelf of your oven until softened, 15-18 mins.



Spice up the Couscous

When the **couscous** is ready, fluff it up with a fork and stir through the **harissa paste** (use less if you'd prefer things milder).



Make the Couscous

While everything roasts, put the **couscous** in a bowl.

Pour in the **boiled water for the couscous** (see pantry for amount), stir in the **veg stock paste**, then cover tightly with cling film.

Leave to the side for 10 mins or until ready to serve.



Finish and Serve

Share your **harissa couscous** between your bowls, then top with the **broccoli steaks, florets** and **roasted tomatoes**.

Finish by spooning over the **salsa verde** and crumbling the **Greek style salad cheese** over the top.

Enjoy!